

The Minnesota Psychological Association cosponsors Friday Forums with Metropolitan State University Psychology Department

FIRST FRIDAY FORUM

Friday, January 4, 2019

Reinforcing the “Health” in Health Service Psychology:
Brief, Evidence-Based Interventions for Health Behavior Change

Michelle Sherman, Ph.D., LP, ABPP; Stephanie Hooker, Ph.D., MPH

Registration: 8:30 – 9:00 a.m.

*This session is at the intermediate level
and is designed for psychologists and other
mental health professionals.*

Location:

Metropolitan State University – St. Paul Campus Auditorium
700 East Seventh St., St. Paul, MN 55106

Program: 9:00 a.m. – 12:00 p.m.

About the Program:

This program qualifies for 3.0 continuing education credits.

Approximately 30% of the variance in health outcomes is attributable to modifiable healthy lifestyle behaviors (Kindig & Isham, 2014). In addition to treating mental health conditions, psychologists possess specialized skills in health behavior change (HBC; e.g., diet, exercise, alcohol use) that benefit patients' overall wellness via prevention and intervention. This program will challenge psychologists to think beyond a primarily mental health focus (addressing common problems of depression, anxiety, and substance abuse) to a broader conceptualization of how to help patients with health behavior change. As the emphasis on population health continues to grow, psychologists in many settings are being called upon to address modifiable behavioral risks for poor health outcomes. Several brief lifestyle modification interventions have been shown to be effective for helping patients make changes in their health-related behaviors (Bully et al., 2015). However, implementation of these interventions is limited. In this session, we will review the literature on evidence-based HBC interventions for six domains (healthy eating, physical activity, sleep, medication adherence, tobacco cessation, and alcohol reduction/cessation), and will share evidence-based resources for clinicians. Role plays and other interactive exercises will give participants opportunities to practice. Although the session will be applicable to psychologists in all types of practices, collaboration with healthcare team members in a primary care setting will be specifically discussed.

Participants will be able to:

1. Explain several brief interventions for health behavior change and the role that psychologists can play in this arena of health.
2. Recognize opportunities to support patients in traditional mental health care with health behavior change issues and implement evidence-based interventions.
3. Apply awareness of health behavior change strategies to a variety of settings in which psychologists provide services, including opportunities to collaborate with healthcare providers in a primary care setting.

About the Presenters:

Michelle Sherman, Ph.D., LP, ABPP, is a licensed clinical psychologist and Professor in the Department of Family Medicine and Community Health. She is a Fellow in the American Psychological Association and is Board Certified in Couple and Family Psychology. Dr. Sherman is the Director of Behavioral Health at Broadway Family Medicine Clinic, which is part of the North Memorial Family Medicine Residency Program. She completed her doctoral work at the University of Missouri-Columbia and residency at the University of Oklahoma Health Sciences Center.

Stephanie Hooker, Ph.D., MPH, is a postdoctoral fellow in Primary Care Behavioral Health in the Department of Family Medicine and Community Health. She has been trained in Clinical Health Psychology and focuses her research on health behavior change and meaning in life. Dr. Hooker completed her doctoral work at the University of Colorado in Denver and residency at Rush University Medical Center in Chicago.

The presenters have reported no conflicts of interest.

Please note: You must attend the full 3-hour program to get continuing education credit for the event.

About First Friday Forums:

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

EARLY BIRD SPECIAL FEES: Register up to two weeks before the event, and receive a discount rate: Members = \$45, Non-members = \$65, Students = \$15. Registration fee includes refreshments, program materials, and CE certificate.

REGULAR REGISTRATION: Registrations received 2 weeks or less prior to the start of any Friday Forum will increase to: Members = \$55, Non-members = \$75, Students = \$25.

CONFIRMATION/CANCELLATION: Registrations are confirmed by receipt of forms on a first-come, first-served basis. You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

ACCESSIBILITY ACCOMMODATIONS: If you need disability related accommodations, including parking, to make this event accessible, please contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or Accessibility.Resources@metrostate.edu.



REFUND POLICY: A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. Transfer of fee to another program is granted if written cancellation notice is received at least one day before the program. No refund or transfer is given the day of the program.

WEATHER-RELATED CANCELLATION POLICY: On rare occasions, classes and events may be cancelled due to severe weather or other conditions. The decision to cancel events is made as early in the day as possible. If events are cancelled, an announcement is posted on the Metropolitan State Web site, www.metrostate.edu. Announcements are made on several radio stations including the following AM stations: WCCO-830, KSTP-1500, KRSI-950, KFAN-1130, KDWB 630, WWTC-1280 and the following FM stations: KQRS-92.5, KS95-94.5, KNOW-91.1. Attendees may also call the MPA office at 952-928-4657.

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If you register **by** December 28, select the **Early Bird Registration** Fee: MPA member: **\$45** Non-member: **\$65** Student: **\$15**

If you register **after** December 28, select the **Regular Registration** Fee: MPA member: **\$55** Non-member: **\$75** Student: **\$25**

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LOCATION: Metropolitan State St. Paul Campus Auditorium

Directions

From west: I-94 to the Mounds Boulevard (left lane) exit, straight ahead on Sixth Street one block to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

From east: I-94 to the Mounds Boulevard exit; turn right at Sixth Street to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

Bus

Bus Route: 61, 69 (Minneapolis and St. Paul); 63 (St. Paul)
These buses may have any terminal letter.

Parking

St. Paul Campus-Parking is available in a lot on Maria Avenue, directly across from the campus. The parking fee at the St. Paul Campus is \$5/day.

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